

# Lower Fat



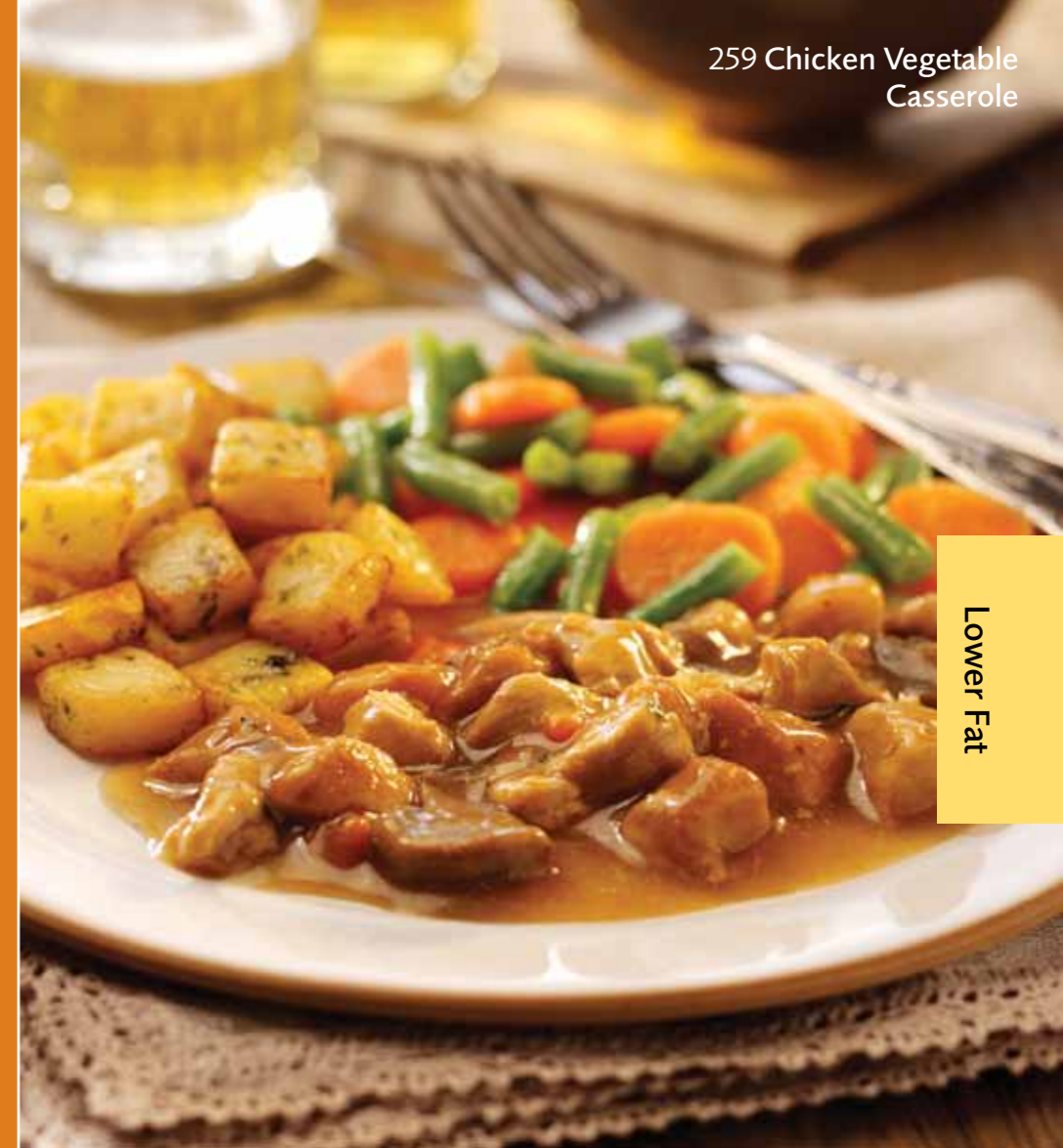
Whether you have high cholesterol, diabetes, a heart condition or simply want to lose weight, our lower fat range delivers dishes that are right for you.

A lower fat diet comprises around 30-35% of total energy as fat. This equates to less than 70g of fat per day for women, and 90g of fat per day for a man. To help you achieve these targets, our lower fat main meals contain less than 15g of fat, while our lower fat desserts contain less than 5g of fat.

Chicken, Turkey & Duck	Fat#	Chicken, Turkey & Duck continued	Fat#
549 Roast Chicken Breast with Stuffing D LF R MS 390g	7.7	253 Chicken & Root Vegetable Hotpot D LF MS 420g	10.2
259 Chicken & Vegetable Casserole D LF R MS GF 340g	9.1	250 Chicken Chasseur D LF R MS 340g	8.4
725 Duck in Orange Sauce D LF R MS GF 365g	7.6	557 Country Chicken Pie D LF 455g	13.8
264 Chicken Curry with Rice D LF MS GF 360g	7.4	525 Braised Chicken with Lentils D LF R MS 355g	7.3
257 Chicken Breast D LF R MS GF 350g	5.5	266 Coronation Chicken D LF MS 360g	12.7
263 Honey Mustard Chicken D LF MS 395g	14.2	Beef	Fat#
265 Chicken in Tomato & Basil Sauce D LF MS GF 395g	11.0	506 Roast Beef & Yorkshire Pudding D LF MS 400g	11.1
256 Chicken in Gravy D LF R MS GF 350g	9.2	208 Cottage Pie D LF R MS GF 340g	8.5
689 Hunters Chicken Casserole D LF GF 395g	11.8	201 Beef with Roast Potatoes D LF R MS 360g	7.9
270 Chicken in Red Wine Gravy D LF R MS 360g	6.4	202 Beef with Mashed Potato D LF R MS 360g	12.5
254 Sweet & Sour Chicken D LF MS GF 390g	7.1	209 Savoury Minced Beef D LF R MS GF 350g	13.4
524 Chicken & Bacon Hotpot D LF MS 410g	12.7	207 Beef Hotpot D LF MS GF 340g	12.3
273 Turkey with Stuffing D LF R MS 365g	5.8	210 Chilli Con Carne D LF MS GF 360g	11.0

## Did you know?

We all need some fat in our diet to stay healthy – it improves the taste of food and provides us with fat-soluble vitamins and essential fatty acids.



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Beef continued	Fat#	Pork continued	Fat#
218 Beef Bordelaise D LF R MS GF 330g	7.7	231 Pork, Leek & Mustard Casserole D LF R MS 370g	12.4
Pork	Fat#	283 Ham in Parsley Sauce D LF R MS GF 350g	12.5
518 Roast Pork in Apple Gravy D LF R MS GF 380g	9.3	230 Pork & Root Vegetable Casserole D LF R MS 370g	8.0
520 Gammon with Pineapple D LF R GF 380g	9.2	Lamb	Fat#
068 Bacon, Chips & Beans D LF GF 310g	14.7	245 Shepherds Pie D LF MS 340g	14.8
223 Pork in Gravy D LF R MS GF 340g	6.9	533 Roast Lamb in Mint Gravy D LF R MS 340g	10.5
225 Pork Loin & Stuffing D LF R MS 350g	12.2	237 Lamb in Gravy D LF R MS GF 340g	9.5
325 Sausage Hotpot D LF MS 395g	14.1	239 Lamb & Vegetable Casserole D LF R MS GF 330g	13.1
528 Gammon in Cumberland Sauce D LF GF 370g	8.1		



## Did you know?

Most of us eat too much of the saturated animal fats, which can increase the risk of heart disease. Wherever possible, replace saturated animal fats with plant fats and oils – such as olive, or rapeseed, and even those from oily fish.

318 Salmon & Broccoli Supreme

Fish	Fat#	Vegetarian continued	Fat#
563 Plaice in Breadcrumbs D LF MS 380g	12.9	356 Moroccan Three Bean Casserole D LF R MS GF V VG 360g	7.3
318 Salmon & Broccoli Supreme D LF R MS 370g	12.1	357 Cauliflower & Spinach Curry D LF MS V VG 390g	10.5
312 Fishermans Pie D LF R MS 405g	7.1	687 Vegetarian Spaghetti Bolognese D LF R MS V 330g	9.6
565 Cod in Parsley Sauce D LF R MS 370g	6.5	582 Pasta with Mushroom & Leek Mornay D LF MS V 400g	14.6
660 Hake in Lemon Sauce D LF R MS 340g	10.2	697 Pasta with Mushrooms, Broccoli & Smoked Cheddar D LF MS V 340g	12.6
314 Fish in Parsley Sauce D LF R MS 370g	12.7	<b>Hearty Meals</b>	
313 Fish in Butter Sauce D LF R MS GF 360g	9.6	124 <b>NEW</b> Hearty Roast Beef with Red Wine Gravy D LF MS GF 510g	13.9
564 Smoked Haddock in Cheese & Chive Sauce D LF 410g	11.6	175 Hearty Creamy Chicken Potato Topped Pie D LF GF 550g	12.1
732 Fillet of Trout with Prawns D LF R MS 390g	9.7	123 Hearty Aberdeen Angus & Ale Pie D LF 540g	8.6
<b>Vegetarian</b>		140 Hearty Ocean Pie D LF GF 520g	11.6
686 Vegetarian Cottage Pie D LF R V 415g	5.9	<b>Mini Meals</b>	
352 Winter Vegetable Hotpot D LF GF V 480g	14.4	057 Savoury Minced Beef Mini Meal D LF R MS GF 215g	8.2

Mini Meals continued	Fat#	Breakfast	Fat#
089 Chicken & Broccoli Bake Mini Meal D LF R MS GF 210g	7.6	095 <b>NEW</b> Sausage, Beans & Omelette D LF R 205g	12.1
049 <b>NEW</b> Mutton & Rosemary Hotpot Mini Meal D LF R MS 225g	14.4	096 <b>NEW</b> Omelette & Beans D LF R MS GF V 180g	8.3
050 Sliced Beef Mini Meal D LF R MS GF 200g	5.7	<b>Hot Desserts</b>	
072 <b>NEW</b> Winter Vegetable Hotpot Mini Meal D LF R MS GF V 210g	6.8	833 Semolina pudding with Dutch Apple LF MS V 180g	4.0
053 Chicken in Gravy Mini Meal D LF R MS GF 200g	3.0	841 Stewed Apple & Rice LF MS GF V 160g	3.5
059 Sausages in Gravy Mini Meal D LF R 220g	14.8	931 Rice Pudding* D LF MS GF V 160g	3.5
063 Lambs Liver & Bacon Casserole Mini Meal D LF R MS 200g	11.1	941 Mixed Fruit & Custard* D LF R MS GF V 140g	1.1
058 Chicken & Vegetable Casserole Mini Meal D LF R MS 200g	4.5	920 Date Sponge & Custard* D LF MS V 135g	4.0
074 Minced Beef & Potato Wedges Mini Meal D LF R MS GF 220g	8.5	933 Rice Pudding with Apple* D LF MS GF V 140g	2.9
054 Fish Mornay Mini Meal D LF R MS 200g	14.8	<b>Cold Desserts</b>	
055 Chicken Curry Mini Meal D LF R MS GF 200g	5.4	421 Vanilla Flavour Ice Cream* D LF MS GF V 50g	2.4
056 Beef Stew Mini Meal D LF R MS GF 210g	8.5	446 Chocolate Ice Cream LF MS GF V 120ml	4.7
064 Beef Hotpot Mini Meal D LF R MS GF 200g	10.5	419 Fruit Cocktail* D LF R MS GF V VG 140g	0.1
088 Wiltshire Ham, Cheese & Potato Wedges Mini Meal D LF R 210g	13.2	499 Strawberry Mousse* D LF MS GF 65g	3.2
020 Chunky Vegetable Soup D LF R MS GF V 170g	2.3	497 Chocolate Mousse* D LF R MS GF 65g	3.8
016 Tomato & Vegetable Soup D LF R MS GF V VG 170g	2.0	480 Apricot & Peach Dessert* D LF MS GF 75g	3.1

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"I am a very, very satisfied customer who continues to enjoy your delicious meals daily. I cannot fault the way I am looked after by Simon, so thank you to all concerned in keeping me a happy, healthy octogenarian!"

**Mr Ralph Brown**  
(with his delivery driver Simon Sherlock)  
Exmouth, Devon

\*Contains artificial sweetener \*Grams of fat per serving